

# PARANORMAL UNDERGROUND®

Volume 14, Issue 2

February 2021

**A UFO CASE FILE  
SIGHTINGS &  
MISSING TIME**

**WHAT IS THE  
STONE TAPE  
THEORY?**

**An Encounter With  
an ELEMENTAL**

**The Haunted  
HOTEL BAKER**

**INVESTIGATING THE  
HOTEL BOULDERADO**

## **ALSO INSIDE:**

**JACQUELINE MATHERS: INTUITIVE PSYCHIC TAROT CARD READER**

**'OVERLOOK' — 'THE SHINING' SPIN-OFF SERIES**

**THE INVISIBLE PORCUPINE MAN OF SEDONA, ARIZONA**

**A SHAMAN'S ENCOUNTER WITH A VAMPIRE CULT**

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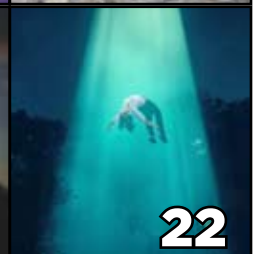
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Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

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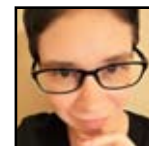
**COOKIE LAINE**

Cookie has long been interested in the paranormal and views ghost hunting as a unique way to be involved with the paranormal. She has been investigating for more than 10 years.

**MORGAN LINEBERRY**

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.



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Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experiencer herself, dealing with paranormal phenomenon since childhood. The silk road of life has led Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.

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## PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.

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A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of [www.ParanormalUnderground.net](http://www.ParanormalUnderground.net).

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

[paranormalunderground.net](http://paranormalunderground.net) ♦



## Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at [paranormalunderground@live.com](mailto:paranormalunderground@live.com). Tell us about your experience, and we may publish it in a future issue.

We are looking for paranormal encounters of all types, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc. Your submission can be anonymous!



# PARANORMAL UNDERGROUND®

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# PSYCHIC ABILITIES ... ARE VERY REAL

Are psychic powers real? I'm not an expert in psychic phenomena, but I will admit to having a few psychic experiences myself. These experiences have involved psychic energy transference, extrasensory perception, and prophetic dreams.

I fully believe that psychic abilities, including the ability to communicate with the dead, predict the future, and many other abilities, are indeed possible. Psychic abilities are vast, but they generally break down as follows:

- Clairvoyance: clear seeing
- Clairsentience: clear feeling
- Clairaudience: clear hearing
- Claircognizance: clear knowing
- Clairscint: clear smelling
- Clairgustance: clear tasting
- Clairtangency: clear touching

Could some be faking their psychic abilities to make money or for attention? While there are many truly gifted psychics (some I know personally), there will always be some who con people out of their money or wish to fool them. Of course, we can't paint all psychics with the same brush. Unfortunately, discerning who is genuine and who isn't can be difficult. References and detailed research can help sort that out!

P. T. Barnum said that there is

a sucker born every minute, but I believe, in reality, we all simply just want something to believe in. It's when that level of belief is so great and we don't logically assess what's in front of us that it can become a problem.

Some want to believe so much that they are taken in by scam artists, charlatans, and those simply seeking to take advantage of people they perceive as naïve or desperate.

But, in my experience, I know many psychics who have provided insightful information, comfort, and peace to those who went looking for answers. Psychics can provide an "easing of the soul" by contacting dearly departed loved ones or answering life questions that we are yearning to know more about. They offer insight into the afterlife ... something many of us spend a lifetime researching or at least a lifetime thinking about.

As long as questions remain about life after death, we will seek answers. And we must all decide what we choose to believe.

Hopefully, our choices will lead us to a better understanding of the world around us, or at the very least, make us question where we come from, what our purpose is, and where we are ultimately going. ♦



Chad Wilson,  
Publisher





**B**ecause most paranormal events have been cancelled due to the COVID-19 pandemic (also known as the novel coronavirus), in place of our Calendar of Events this month, we are providing you with a list of coronavirus resources.

For information on the pandemic, you can visit the links below:

## World Health Organization

[www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)

- How to Protect Yourself
- Country & Technical Guidance
- Your Questions Answered
- Travel Advice
- Situation Reports

## Centers for Disease Control and Prevention

[www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)

- How to Protect Yourself
- If You Think You Are Sick
- What You Need to Know
- Resources for the Community

## Harvard Health Publishing: Harvard Medical School

[www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center](http://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center)

- FAQs About Coronavirus and COVID-19

- Podcasts, including “How to Conquer Your Anxieties During the COVID-19 Outbreak”
- Questions and Answers

## The White House/CDC/FEMA

[www.coronavirus.gov](http://www.coronavirus.gov)

- How to Prepare and Protect Yourself
- What to Do if You Think You Are Sick
- What Are the Symptom?
- Who Is at Highest Risk?
- What Is Social Distancing?

## U.S. Department of Labor

[www.dol.gov/coronavirus](http://www.dol.gov/coronavirus)

- Workplace Safety
- Wages, Hours, and Leave
- Unemployment Insurance
- Support for Dislocated Workers and States
- Job Corps Students
- And more work-related issues due to the coronavirus

## National Institutes of Health

[www.nih.gov/health-information/coronavirus](http://www.nih.gov/health-information/coronavirus)

- Symptoms and Testing
- Prevent Getting Sick
- Daily Life and Coping
- If You Are Sick
- People Who Need Extra Precautions ♦

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# CRYPTID NEWS, ALIEN CONSPIRACY & A GOOD GHOST STORY

BY MORGAN LINEBERRY

## MENTAL HOSPITAL GHOST

A woman who explored an abandoned mental hospital in Wales “hit the paranormal jackpot,” according to Michael Havis of the *Mirror*.

Ghost hunter Kayleigh Love was filming at the hospital and “in her footage, a human-like outline is glimpsed at the end of a corridor that appeared empty only moments before.” The shape is gone seconds later. You can view the video [here](#) to see the strange figure.

Love thinks that it is the apparition of a patient whose spirit never left the facility.



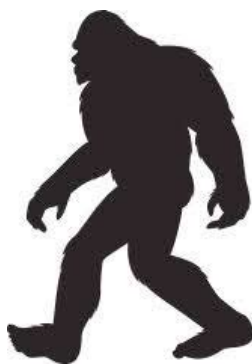
Photo: Pen News/  
Kayleigh Love

## BIGFOOT HUNTING SEASON IN OKLAHOMA?

While many people search for Bigfoot, one Oklahoma lawmaker is taking the hunt too seriously. “A member of the Oklahoma House of Representatives has filed a bill that calls for the establishment of a Bigfoot hunting season in the state,” according to Tim Binnall of *Coast to Coast AM*.

The bill, thought up by Rep. Justin Humphrey, has not been voted on yet, but should it pass “it would go into effect on November 1, 2021.” So what’s the point of the bill? It will supposedly generate tax dollars through the purchase of Bigfoot hunting licenses.

For those of us who believe in Bigfoot, this idea is appalling!



## UNEXPLAINED LIGHTS SEEN DURING POWER OUTAGE IN NY

This past November, there was a power outage in Western New York during which a woman reported seeing “strange lights in the sky,” according to Tobias and Emily Wayland of *Singular Fortean Society*.

The witness explained that the sky was otherwise clear with no rational reason for the lights. She said that the lights were sitting still in a cluster, which rules out most human craft.



## NESSIE SIGHTINGS KICK OFF 2021

Nessie is starting 2021 off right! The mysterious cryptid was spotted twice already. First on January 11 during a live webcam stream and then on January 19 by a Nessie watcher, according to Bethan Sexton of the *Mirror*.

The first sighting described the creature as “a dozen feet long” and surfacing the loch. The second sighting was seen by a witness who saw an “unexplained figure lurking in the loch.” Hopefully, this means that this will be an interesting year for the mythical beast.



## IS NESSIE A TURTLE?

Speaking of the Loch Ness Monster ... a new theory may shake up the way we think of the creature. According to Stephen Stewart of the *Daily Record*,







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HAVE YOU EVER WANTED TO WALK IN THE SHADOWS OF VAMPIRES, GHOSTS  
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DOES LEARNING ABOUT MACABRE, THE STRANGE, OR THE WICKEDLY EVIL  
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Then I invite you to join me at "Where the Dark Corners Are", a podcast geared toward people who believe in the paranormal, who love traveling, who seek the ghostly stories, and learn about the morbid, the chilling and the seriously spooky.

Using the haunted world as our road map, each week we will visit a ghostly hot spot, anywhere from the port of New Orleans to the abandon castles of Romania.

And, as a gruesome bonus, on occasion, I will be joined by Da Panda, Panda Mike, as we take a road trip to a specific location, where we stop and discuss said place of absolute darkness and the horrifying madness that transpired there.



So join us on



scientist and professor “Henry Bauer’s research found that Nessie may be a type of undiscovered turtle trapped in the Loch as the waters receded at the end of the last Ice Age.”



Bauer believes in the beast but discounts the ideas that it could be a dinosaur or large eel like most people assume. Hopefully, someday we will know for sure.

## TASMANIAN TIGER SPOTTED WITH CUBS

**T**he thylacine (or Tasmanian tiger as it is often called) is a supposedly extinct creature, but much like Bigfoot or Nessie, there are continued sightings. Paul Seaburn of *Mysterious Universe* writes that one recent sighting occurred in January.



Photo: Tim Bertelink

A witness “saw what he could only describe as a female thylacine with 2 young darting around very quickly,” according to the story. It seems that with recent sightings and DNA evidence to support them, we may be on the verge of “confirming that the thylacine ... is not extinct.”

## ALIENS AMONG US, SAYS FORMER ISRAEL SPACE OFFICIAL

**W**ho doesn’t love a good alien conspiracy theory? According to Laura Sharman of the *Mirror*, a retired general who headed Israel’s

space program says that “extraterrestrials have struck a deal with the U.S. to stay silent while they conduct experiments on Earth and will only reveal themselves when mankind is ready.”



I can certainly believe this, and it goes along with other theories I have heard. “The UFOs have asked not to publish that they are here. Humanity is not ready yet,” according to the general.

I have to agree with the aliens!

## SPOOKY VAULT FOUND UNDER HAUNTED HOUSE


**R**upert Ellis made an unsettling discovery that might explain creepy happenings in his Camborne home located in Cornwall, England. The homeowner found a secret vault under his house, according to Lee Trehwela and William Walker of the *Mirror*.



Photo: Cornwall Live WS

Ellis says strange things happen in his home, including lights turning on and off on their own and the disembodied footsteps of an unseen entity. The house “was the former head office of the Tehidy Minerals Company,” and the vault was likely a walk-in safe. But Ellis says he feels a strange connection to the house and the vault, as if the house choose him to be its owner, not the other way around.

It sounds like something straight out of a horror movie! ♦



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# ‘OVERLOOK’

## EVERYTHING WE KNOW ABOUT ‘THE SHINING’ SPIN-OFF SERIES

BY MICHAEL J. SEIDLINGER, THE LINEUP

There are few films as iconic as the 1980 film adaptation of Stephen King’s *The Shining*. Stanley Kubrick brought to life a setting that was as much a character as the living beings that stayed at the hotel — and the many that never left.

So when it was announced that there would be a new spin-off series called *Overlook* — undeniably a direct reference to the hotel itself, the Overlook Hotel — fans from across genres took notice.

Though many are left wondering: How will *Overlook* compare to *Doctor Sleep* and the classic film itself? And what might we see in the spin-off?

Here’s everything we know so far.

### Who Is Involved in the Creation of the Series?

HBO Max will be anchoring the series, where it will be airing exclusively when it is released. The J.J. Abrams production company, Bad Robot — founded nearly 20 years ago by Abrams to create now classic tentpole series like *Lost* and *Lovecraft Country* — will be producing the series.

It’s still early, but reports suggest that the producers behind *Castle Rock*, Dustin Thomason and Scott Brown, are currently in negotiations on who will be writing for the series. It’s safe to say that both of them will be picking up the pen in some capacity to help plot out the series.

### What Is it About? And How Many Episodes Will There Be?

We know *Overlook* will be a prequel to the original film, but details have yet to be released about key specifics. The series is being pitched as a horror-thriller



***Overlook* will be a horror-thriller prequel to the film *The Shining*. It will reportedly feature many of the iconic characters from the first film. (Photo: Warner Bros.)**

made to feature many of the iconic characters from the film. Could we see a return of Jack Torrance and his family? Perhaps we will encounter some of the memorable ghosts and hauntings from the hotel. Whatever the writers have in store, the series is projected to consist of 10 episodes.

Word has it the narrative approach of the series will be similar to *Bates Motel*. If you recall the series, it took the setting of the iconic thriller *Psycho*, particularly Norman Bates and his mother, and expanded the events that transpired before the film.

This means *Overlook* could very well be expansive,





Several exterior shots of "The Overlook Hotel" in *The Shining* movie were actually filmed at Timberline Lodge in Oregon.  
(Photo: [Another Believer](#))

allotting for favorite characters and scenes to be viewed from a new light, perhaps from a different POV.

The thought of learning more about the rich, haunting history of the hotel is enough to get most fans excited!

### What Happened to the 'Overlook' Hotel Film?

Remember the 2019 film adaptation of *Doctor Sleep*, which was a direct sequel to *The Shining*? Neither do I. This is perhaps one of the main culprits to the shelving of the would-be *Overlook Hotel* film. Even though *Doctor Sleep* was highly anticipated, when it arrived in theaters, people seemingly looked away.

Director Mark Romanek was slated to direct the film version of *Overlook Hotel* and had been vocal about his enthusiasm for the project. After that, there was really nothing to report until the announcement of the series. It might be time to consider the film (at least until the series debuts) dead.

### Will Stephen King Be Involved?

The answer is yes! But does anyone know how he will take part? No! At least not yet. He could act as an executive producer, or fans might luck out and he'll step into the writer's room and help with the creation. It is simply too early to know.

We suspect even King himself is in the early stages of planning the level of his involvement.

Stay tuned! ♦

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# JACQUELINE MATHERS

## Intuitive Psychic Tarot Card Reader

By Paul Dale Roberts, Halo Paranormal Investigations

Jacqueline Mathers grew up with the spirit world all around her. As a natural-born clairaudient and clairsentient, Jacqueline has always been able to hear Spirit messages and “feel” things using these sensory indicators.

Being empathic and intuitive her entire life, Jacqueline delved into paranormal mysteries at an early age. Jacqueline recently filled us in about her background, psychic abilities, and tarot card work.

\* \* \* \* \*

### **Q: Tell us about yourself.**

**Jacqueline:** I was born in Pennsylvania, but most of my life I have lived in Sacramento, California, with the exception of brief periods in Arizona and the North Bay Area of California. I am a mother and grandmother, and I work in the field of education. I attended private and public schools in the Sacramento area.

### **Q: Why do you call yourself a medium?**

**Jacqueline:** I am clairsentient and clairaudient. I have the ability to feel. I get confirmation through temperature changes or goose bumps. I sometimes can pick up the physical pain someone is feeling.

As for clairaudience, it is the ability to hear psychic impressions or “confirmations.” The voice I hear is a young male, so I am thinking it is Saint Michael, my favorite angel.

### **Q: How did you learn that you were a medium?**

**Jacqueline:** I have always known things about people. It is the impressions I get from being in their presence. I was that precocious child who blurted out things at the most inappropriate times — I now know what that can do to a parent as I have kids of my own!



**Jacqueline Mathers is a natural-born medium who can feel and hear Spirit.**

The *Dell Horoscope* magazine was a steady read in my young years, kind of like other kids read the comic books. There were things we just did around the house that I can now see from my training in Southern folklore that were of a hoodoo or rootwork nature. These are things more than just throwing salt over your shoulder. I was told my great grandmother was a Native American



---

herbal or medicine woman, and belief in spirits were the norm for me.

**Q: How do you help people?**

**Jacqueline:** When I do a tarot card reading with Obi divination, I give the client various levels of methodologies that they can apply or consider to rectify their personal issues they are experiencing. Depending on their problem and where their comfort level is in familiarity (due to their culture), I can either talk to you like a mother or big sister, whip you up a good luck mojo bag, or make an offering at the river to the Goddess Ochun for your love life.

Obi divination is a binary system in order to get a “Yes” or “No” answer to questions being posed. In ritual, we use four pieces of fresh coconut, but you can also use cowrie shells, which I use with the tarot reading. It is really quite accurate when you pose the questions right.

**“I grow and harvest some of my herbs I use in spiritual oils and baths.”**

**Q: Can you elaborate about your connection to Santería?**

**Jacqueline:** I was drawn to it after the birth of my last child. I kept wondering why the candle section of the neighborhood supermarket was cleaned out every week-end. It led me to Mr. Keys and his candle shop, and from there into the world of Santería.

Santería is the synchronization of Catholicism and the indigenous African nature-based belief system of Ifá and Lucumí. I am an aborisha, a practitioner who is not fully initiated. I have to do my final and largest initiation. I have been affiliated with the religion for over 13 years.

**Q: You have been experiencing ectoplasm phenomenon. Can you explain?**

**Jacqueline:** I had done a reading for a woman twice in four months, and both times not only did I become extremely exhausted, but I got a feeling that I had to “work my own spirit,” so I went into the backyard and sipped a little white rum and smoked a cigar (both crucial to work in Santería), and I coughed up a stream of clear-and-yet-foamy slime that I was jokingly calling ectoplasm.

But after watching a movie called *The Haunting in Connecticut*, it got me thinking about what it was. That’s when I contacted Halo Paranormal Investigations about it.

**Q: Where do you perform readings?**

**Jacqueline:** I do readings in the privacy of my home

and also for clients who have small get-togethers in their homes. I also do telephone readings and reading reports for international clients.

**Q: What are your hobbies?**

**Jacqueline:** I love to read when I get the chance to plant myself on the couch. I have varied interests in many subjects. I am still taking classes at our local community college, where I am also working with the cultural anthropology department with students who want to do fieldwork in cultural studies in indigenous religions.

I grow and harvest some of my herbs I use in spiritual oils and baths I make for clients. I love to cook, and I perform with a group here in Sacramento, called Ebo Okokan, which is the only Afro-Cuban drum and dance group in the area.

**Q: Any last words of wisdom?**

**Jacqueline:** I was always told that the spirits, or those who have passed on, are on the other side of a two-way mirror — we can’t see them, but they can see us. Ancestor reverence is crucial in African-based religions because it is the fact that great-grandpapa met great-grandmama is why you are here today. Once passed over, their job is to guide their progeny.

In many films, you will see ancestor reverence, like the example in the movie *Soul Food*, where once Grandma passes on, Vanessa Williams makes sure there is a setting at the head of the table to invite her spirit to join them in the feast. We make food offerings as well in Santería.

There is a saying that you pay homage to the egungun (the dead) before the Orichas. We have an altar set up for that very purpose. If you are lucky to connect with a spirit of an ancestor, ask them what you can do for them. Maybe they just want a glass of water, a cigarette, a chocolate, or a shot of whiskey — something just to remember what it was like on this side.

This is not too far from the Latino culture of the Day of the Dead, where the family picnics at the cemetery and food, liquor, and more are laid out for the deceased loved ones. Funny, but how true is it that there are a lot of similarities in cultures.

\* \* \* \* \*

To learn more about Jacqueline, or to schedule a tarot reading, visit [tarotbyjacqueline.com](http://tarotbyjacqueline.com) and [twitter.com/tarotjacqueline](https://twitter.com/tarotjacqueline). For spiritual supplies, including oils, visit [lucky13clover.com](http://lucky13clover.com). ♦

# THE STONE TAPE THEORY

## GHOSTLY ECHOES OF THE PAST

By Emma Dunlop-Walters, All Things Paranormal

**T**he Stone Tape theory is based on the idea that buildings and rocks absorb energy from traumatic events and are able to play back these moments over and over again.

The theory came to light in 1972 when the BBC aired a television play called *The Stone Tape*. The program investigated the theory that when something traumatic happens, it leaves an imprint on the environment.

Charles Babbage, a mathematician who investigated paranormal activity, suggested that strong words and events leave a psychic energy that can be picked up by psychic mediums. The Stone Tape theory suggests that buildings and stones absorb human emotions and thoughts and when the environmental circumstances are right, they have the ability to replay the moment almost like a camera.

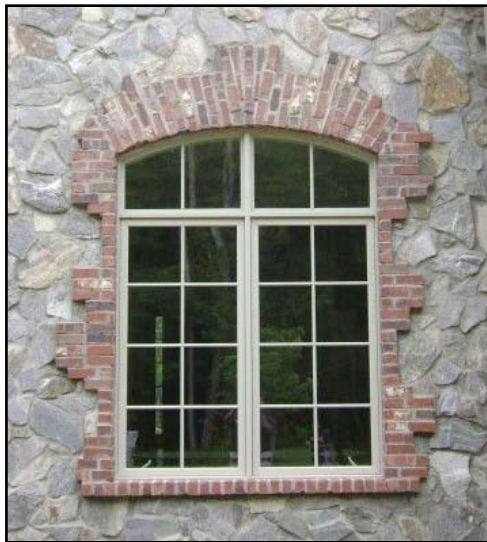
### What Are the Right Circumstances?

The theory says that the circumstances have to be just right for the spirits to be seen. This could be weather conditions, air pressure, or temperature. However, there are other situations that can cause spirits to appear.

Edinburgh Castle in Scotland is said to be haunted by a headless drummer boy who appears whenever the castle is about to be attacked. His spirit was first reported in 1650, though no one knows his name or how he became headless. He hasn't been seen since, but people have reported the sound of drums playing quietly in the area around the castle.

Other stone tape stories describe soldiers who have been seen on a battle anniversary marching as they would have on their final battle. The question is, do they appear whatever the weather condition is or only on certain anniversaries?

Could the anniversary of a tragic incident cause the environment to replay a traumatic event? There are many stories of ghosts being active around the anniversary of their death, especially if the death was sudden or traumatic, like a suicide or murder.



### The Blue Bell Hill in Kent

The Blue Bell Hill in Kent is said to be haunted by the spirit of a bride who died in a car crash the night before her wedding. On the 50th anniversary of the crash, some spiritual believers stood at the bottom of the hill and claimed they heard screaming for help on a recording device.

In addition to the bride-to-be, the road is said to be haunted by other ghosts, including a female hitchhiker who flagged down a car to get a lift in 1972. The driver said she got in the back of the car, and halfway through the journey she disappeared.

The driver isn't the only one who has reported seeing this woman and giving her a lift. The woman is always seen near the same spot, so could this be an example of the environment replaying the scene before her death?

### Walking on Air or Through Walls

The Stone Tape theory also might explain why ghosts walk through walls and appear to be floating in the air. If they are reenacting a scene from their life, then the layout of the area they are in might have been different. For example, a door they once walked through might have been bricked up since they died.

The Stone Tape theory is an interesting one, and we will probably never know whether there is any truth in it, but as paranormal investigators, we will continue to search for evidence. ♦





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BY THE LINEUP

# HAUNTED STAYS: HOTEL BAKER

## ST. CHARLES, ILLINOIS

By Rick Hale, Psychical Researcher

In the 1920s, Colonel Edward J. Baker had ambitious dreams. After returning to his native St. Charles, Illinois, he could sense the small Midwestern town was about to experience big things. And he wanted to get in on the action.

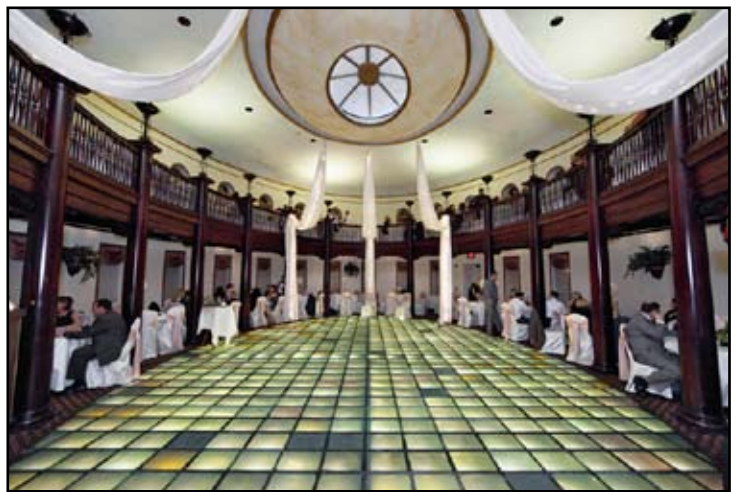
His dream was to build the finest hotel in the burgeoning town that would offer rest and relaxation at a low price. So far, only Chicago offered such respite, but that was several miles away and not everyone could afford to stay in the Windy City's hotels.

When a plot of land along the Fox River became available in 1926, Colonel Baker purchased it at a cheap price. It was discounted because it was the old city dump and the remains of Haines Mill that burned to the ground in 1918 were still standing. The old mill was the lifeblood of the town, and Baker was determined to replace it with his hotel.

When the Hotel Baker opened two years later, Colonel Baker called it "The world's finest small hotel," and many citizens of St. Charles agreed wholeheartedly. Although Colonel Baker was a wealthy man, he never forgot his humble beginnings. He still considered himself to be just a farmer, and that sincere modesty endeared him to many people from every walk of life. It was that modesty that kept his hotel full and his guests happy.

Perhaps the most celebrated feature of the hotel was the Rainbow Room, the hotel's banquet hall and ballroom. In its day, the Rainbow Room hosted several stars of the screen and stage. These celebrities included jazz musician Louis Armstrong and bandleaders Lawrence Welk and Guy Lombardo. Through it all, Colonel Baker never turned a profit, and as far as he was concerned, the only thing that mattered was his guest's comfort.

As the 1950s came to a close, time and age caught up with Baker and in 1959, he passed from this world. In



**Pictured above (at top):** In the penthouse of the Hotel Baker, guests have reported hearing a woman weeping inconsolably. The penthouse is also said to have a feeling of deep regret permeating it at times and an inexplicable cold breeze that fills the room even on hot days.

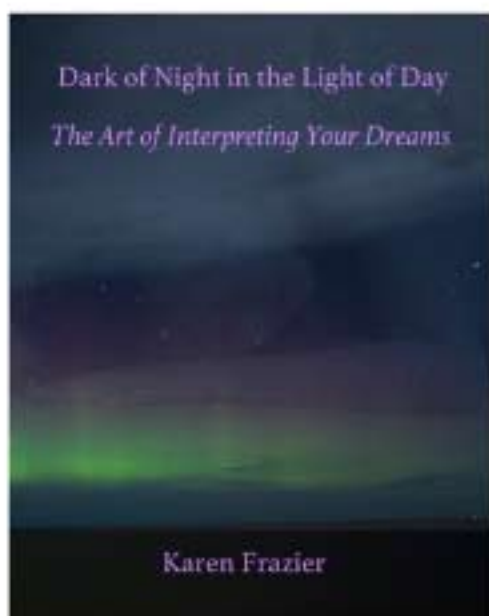
**Pictured above (at bottom):** The hotel's banquet hall and ballroom, called the Rainbow Room.



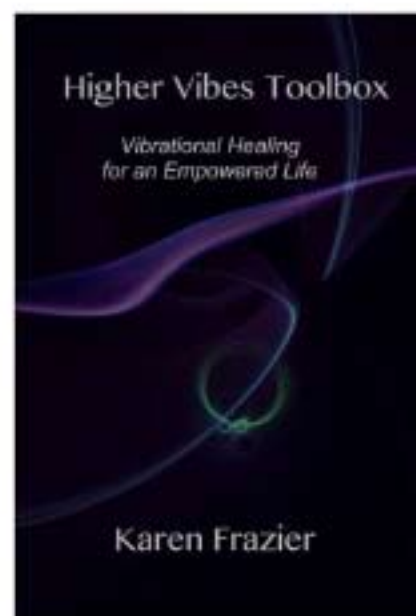
New from *Paranormal Underground* columnist

# Karen Frazier

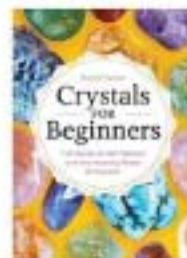
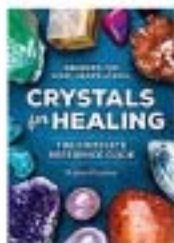
Unlock the power of your dreams



Improve your life with vibrational healing



Also by Karen



[AuthorKarenFrazier.com](http://AuthorKarenFrazier.com)



The Hotel Baker in St. Charles, Illinois, is listed on the National Register of Historic Places. The above photo was taken in 2007. (Photo: [G LeTourneau](#))

his will, Baker left the hotel to his beloved niece, Dellora. Eventually, Dellora became too infirm to run the hotel and sold it to Lutheran Social Services. The once much-loved hotel became an assisted living home in 1970.

As the years passed, the building fell into disrepair and Lutheran Social Services took to selling the art and antiques to pay the bills. With the outlook of the retirement home looking bleak, the building was sold at auction.

### **Ghostly Happenings at the Hotel Baker**

In 1996, two local investors bought the Hotel Baker and set about restoring it. The Hotel Baker was once again open to guests, offering tastefully decorated rooms, a lovely view of the Fox River, and an added bonus the owners never expected, ghosts.

According to local legend, before the hotel was sold to the Lutherans, a young woman allegedly committed suicide. When her husband left her at the altar on their wedding day, the young woman decided to end her heartache. She walked into the cold, rushing waters of the Fox River and was swept away, never to be seen again. Well, not in life anyway.

The sixth floor, a penthouse, appears to be the young woman's favorite haunt. Guests have reported hearing the unmistakable sound of a woman weeping inconsolably. The penthouse is also said to have a feeling of deep regret permeating it at times and an inexplicable cold breeze that fills the room even on hot days.

Unexplained voices and cold spots aren't the only phenomena at the hotel. Guests have called down to the front desk complaining of some unseen person tearing the blankets from their beds as they sleep. When they go to investigate a possible intruder, they find nothing.

Lastly, a number of people have witnessed the apparition of a maid carrying out her daily chores. When someone attempts to engage the maid in conversation, she vanishes before their eyes. No one can say with any certainty who this maid was in life, but she certainly must have enjoyed her work enough to continue doing it from beyond the grave.

Since opening its doors a century ago, Hotel Baker has been an integral part of St. Charles life. Not only is it a hotel, it's also a meeting place for the community. It also hosts banquets and weddings. Hotel Baker is a mainstay in this small Illinois city, and its ghosts are there to stay. ♦



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# TWO RELATED UFO SIGHTINGS & MISSING TIME

By Philip Mantle, Flying Disk Press

Having been involved in UFO research for over 40 years, I occasionally delve into my old files and pull out a case or two that has never been published. Well, I've dug into my files and this is such a case. It involves two ladies whom I'll refer to as Jane and Nancy to keep their identities anonymous. Even though the following accounts happened back in the late 1980s, I will keep their names in confidence.

At the time of my visit to meet and interview these two witnesses, I was assisted by Philip Taylor of the British UFO Research Association (BUFORA). You can draw your own conclusions about the following two incidents.

## Incident One: The Sighting

Jane reported to us that as she was walking home from a friend's house on October 19, 1978, at 9 p.m., she heard a droning noise overhead. Her home was in Dorset, England. At the time, she was in the street just a few yards from her house. Upon looking up, she saw a large object shaped like a cigar with flashing lights. The sky was clear with stars visible, and the outline of the object was visible against the sky. The underside of this object was black with no detail visible.

The witness' recollection of the lights on the object are very clear. Each light showed a distinct area and was described as being like a naval ship's signaling lamp in size. There were two rows of lights at each end of the object. These were arranged in the order of red, green, orange, and blue on one wing and in the same order on the other wing. These lights were flashing in sequence but in reverse order so that she saw:

- 1st: red + blue - 4th
- 2nd: green + orange - 3rd
- 3rd: orange + green - 2nd
- 4th: blue + red - 1st





There were two further rows of lights of the same four colors but with reversed sequence. Once the outer lights had finished a sequence, the inner lights then flashed:

8th: blue + red – 5th

7th: orange + green – 6th

6th: green + orange – 7th

5th: red + blue – 8th

After each light had flashed, the sequence repeated. In addition, on top and in the middle of the object was a low dome with flashing blue and orange lights.

The object moved at right angles to its long axis. It moved slowly at first from a point almost overhead toward a naval dockyard taking about two minutes. The object then turned without banking and moved rapidly in another direction. It then appeared to accelerate rapidly and disappeared. This rapid acceleration was deduced from the dimming of the lights and the manner in which they converged.

The next day Jane asked her friend Nancy if she had heard anything because it was Nancy's flat that she had been at that evening. Nancy reported at the time of the sighting she heard a sound similar to a Hoover or a liquidizer being run. She thought it was coming from the flat above. She looked out of her window toward the northeast but saw nothing unusual.

## Incident Two: Missing Time

Jane and Nancy were involved in another incident, this time together. The incident in question involved a car journey they made on Thursday, November 26, 1987. They began their journey from Redditch near Birmingham at 11:30 a.m. and reached Kingsnorth on the M5 motorway at about 11:45 a.m. They carried a baby in the back of the car, and they stopped briefly for a quick lunch before continuing south toward Gloucester and then Cheltenham.

Both witnesses remember passing through the outskirts of these conurbations, but then later they seemed to pass through them again. They remember seeing the same road signs a second time. At about this time, the sun was getting low. Nancy, who was the baby's mother, reported a glimpse of an object to the right of the car and low down near some hills. It appeared to be spherical and illuminated by the sun such that a bright arc of light was visible on the sun-ward side whilst the rest of the object was unlit. The witness drew the attention of her friend, "A," to the object, but it vanished from sight behind some hills before Jane could see it.

They arrived back home in Portland at 5:30 p.m., the time being precise because they just succeeded in getting

to the local Co-Op shop as it was closing. They were both very surprised at the time taken on the journey, as it was an hour longer than expected and a much larger amount of fuel had been used relative to the outward journey. Nancy had done the journey many times before.

Nancy had a white coat, which had been cleaned just before the journey north. She had not used it, and it had remained in the back of the car throughout the journey. On taking it from the car on arriving home, it was found to be very muddy. Nancy reported that her boots were filthy with mud even though they had not been walking in any such muddy conditions.

Both witnesses believed they had lost about one hour on their journey and travelled more miles than expected,



Pictured above is an artist's impression of Incident Two.

although they did not note the mileage reading on the car so they couldn't confirm any excessive distance travelled.

Soon after this journey, both witnesses reported that their arms became covered in an itchy rash and the baby developed asthma. A large melanoma on Jane's shoulder blade disappeared.

Jane also started to have lucid visions whilst sitting at home. These came without any warning, and she had several by the time she spoke to us. The visions suggested that the car had been diverted to a location near a steep hill. The visions are quite detailed. The car is stopped on a road near the hill, and the adults get out and scramble up a steep bank, made of reddish mud, away from the hill. They look up and see a metallic domed disc almost directly overhead.

There is a mast on the side of the hill, and the horizon consists of very irregular-shaped, somewhat surreal hills. There is a fence and a major A-class road passing in front of the hill. The vision is seen from the point of view of the figures on the sketch supplied by Jane. Throughout these visions, the baby is asleep in the back of the car.



**Pictured above is an actual photo of the site of Incident Two. (Photo: Philip Mantle)**

Sometime later, Jane saw a photograph of Silbury Hill in Wiltshire, and she claimed that it is the same hill she saw in her visions. However, she claims to have seen the hill from a different angle.

In a variation on these visions, Jane sees herself and her friend Nancy in a metallic room, about 20 feet in diameter, with smooth walls and no apertures or other markings on the walls. There are two illuminated discs on the floor. These are illuminated from above, although she does not see the source of these lights. She has the feeling that she and Nancy are meant to stand on the discs, but Nancy is terrified and they are both on the same disc, with Nancy clinging to Jane.

Throughout these visions, Jane sees no life or movement but gets a strong impression that a message has been passed to her to the effect that she will “remember all this at the correct time.”

Nancy has had dreams in which the sea is full of submarines, and during these dreams, which have the same theme, one submarine is seen trying to mount and pass over the Chesil Bank at Portland.

### **Recollections**

At the time of these incidents, I was part of the British UFO Research Association, as was my colleague Philip Taylor. Philip was a professional astronomer at Greenwich Observatory at the time, and he lived in Lewes, East

Sussex. It was a long drive from my home in the north of England, and I stayed overnight in Lewes at Philip’s house.

Both witnesses were genuinely puzzled by what had happened to them. The missing time incident especially bothered them. Jane had done the journey many times before because it was her grandmother that she was visiting. This was the reason for having her white coat cleaned, as she wanted to look nice for her grandmother. For those who are not aware of the area, Portland has a large naval base and Jane’s spouse was in the Royal Navy.

I remember that neither witness wanted any publicity. We did discuss the possibility of regressive hypnosis at the witnesses request; however, BUFORA had a moratorium on the use of hypnosis, so that was an avenue we were unable to go down no matter what.

Both incidents still puzzle me, especially the second one. If it was just the fact that both witnesses remember seeing the same road signs twice, then we might be able to explain it away; however, the mud on Nancy’s clothing cannot be easily explained away.

With regards to the visions and dreams the witnesses had, this again is not uncommon. I have no doubt that we can class these two incidents as “close encounters,” especially the second one. I have often wondered what might have happened had these two ladies undergone regressive hypnosis. That, we will never know. ♦



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# THE INVISIBLE PORCUPINE MAN OF SEDONA, ARIZONA

By Paul Dale Roberts, Halo Paranormal Investigations

Just like Mount Shasta or the Skinwalker Ranch, Sedona is a place that is considered mystical. People have made claims that they have seen angels, UFOs, ghosts, shadow people, and more in Sedona. Many people with New Age beliefs flock to Sedona seeking enlightenment. A total of 3.5 million visitors stop at Sedona on a yearly basis.

I believe there are many mystical centers on Earth. Mount Shasta, Sedona, the Pyramids of Giza, the Bermuda Triangle – the list goes on and on. These powerful places are all connected by ley lines and can manifest vortexes, which are dimensional rifts into otherworldly domains.

Perhaps we can even find a Stargate at a place like Sedona. Many healers, psychics, artists, and spiritualists think of Sedona as a spiritual mecca. People believe they can be empowered at Sedona. They feel they can be healed and rejuvenated. They feel Sedona will stimulate their senses. They feel that they will become in tune with their sixth sense. I have also heard that Sedona opens the third eye of awareness. Plus, Sedona is absolutely gorgeous. It has beautiful red rock scenery and evergreen vegetation.

People who visit Sedona are akin to people who visit Fatima. They wish for a miracle, they hope to be healed, they seek spiritual awareness. Michelle of Illinois claims to once have witnessed a large glowing globe land in Sedona. She saw three angelic beings depart from the globe. Later, the angelic beings reentered the globe and then flew off at astronomical speeds.

Many people have claimed to have seen portals open up in and around Sedona. Some of these people claim they have seen strange beings walk out of the portals. Dan Stivers claims to have seen a flying snake go into a portal and then the portal closed up and vanished.

Sedona is definitely a strange place that warrants investigation.

Now let me share with you an unusual phone call to HPI's paranormal hotline with regard to Sedona ...

Paul: How can I help you?

\* \* \* \* \*



Rudy: I just want to get your opinion on something. Or maybe you know something about this. I went to Sedona, Arizona, with my wife. We traveled down from [omitted at the request of caller].

There was one night while I was up there, I was attacked by something invisible. I felt like something was shooting me with quills. My body had red blotch marks all over.

I felt like I was attacked by an invisible porcupine. My wife saw the red marks. One mark even looked like it was bleeding. I was in extreme pain for a while. The very next day, the red marks were gone.

I have no idea what attacked me. What do you know about Sedona or have you heard about any attack like this?



Paul: Rudy, the only thing I actually know about Sedona is that New Age people are really attracted to Sedona because some feel that there are vortexes in and around this area. These vortexes may be the entry and exit points for UFOs. Then there is Bell Rock, where mystics think of this as a toning device to balance energies.

Rudy: Yes, I saw Bell Rock.

Paul: And I guess Miller House is supposed to be extremely haunted. It was owned by an actress named Miller.

Rudy: Ann Miller, and she thought it was haunted by an Indian and some other spirits. But, I don't think I was attacked by a ghost.

Paul: Why?

Rudy: I was hit by quill attacks. I never been hit by a porcupine, but I can imagine that is how it would feel. And I got hit twice.

Sedona is plain ... weird. Have you heard any reports of an invisible porcupine?

Paul: No. After the attack, did you see anything?

Rudy: I thought I saw a seven-foot shadow figure move between some rocks after the attack.

Paul: Wow! Did your wife see it too?

Rudy: No.

Paul: Did you experience anything else paranormal?

Rudy: No.

Paul: In your whole life, have you experienced anything paranormal?

Rudy: No.

Paul: How about your wife?

Rudy: She said her dad once saw a UFO in Tulsa.

Paul: Do you still have pain from the attack?

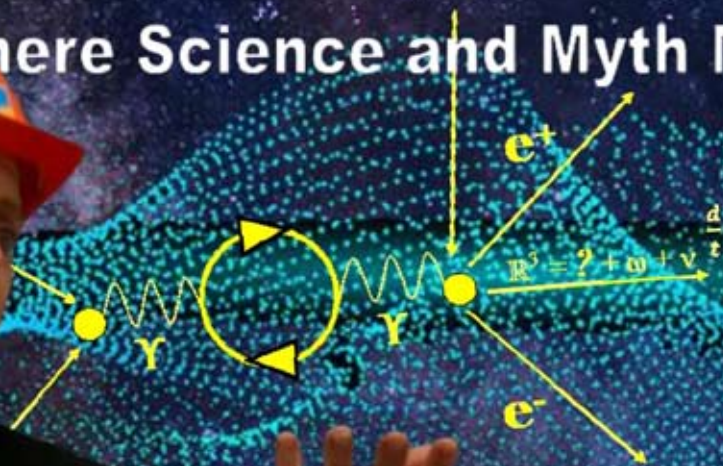
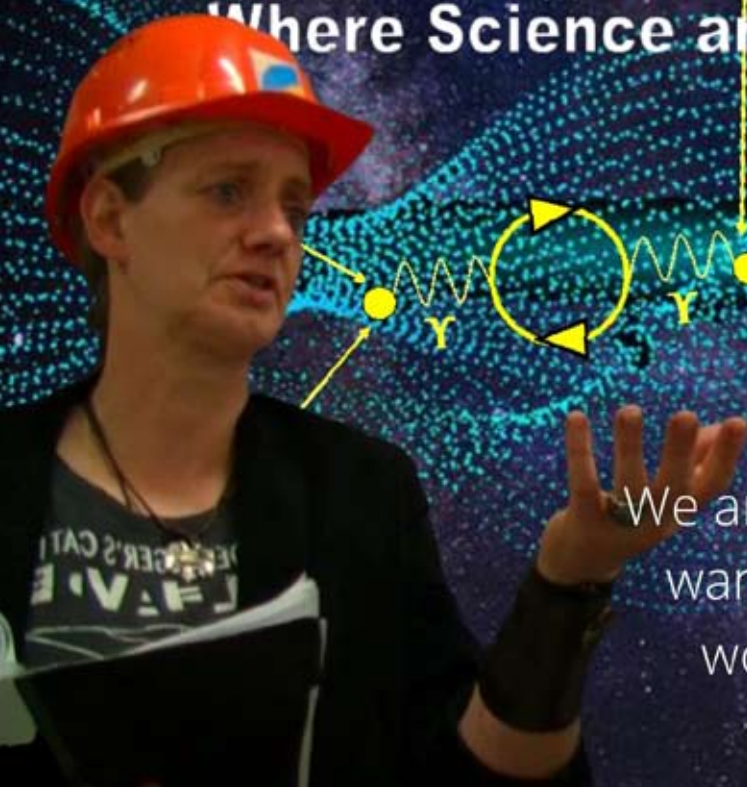
Rudy: No, not at all.



*In a follow-up telephone call with Rudy, he said he dreamed of the Porcupine Man (as shown in the image on this page). ♦*

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# The Empathic Frequency: My Encounter With an Elemental

By Rainbow Radaelli, Truth Seeker Forum

When I was a little girl, I can remember going into houses and locations and feeling spirits. Life echoed within walls and the “others,” those translucent spirits that are either transient or uninvited guests who won’t leave. I thought everyone could see and feel them too. To my surprise this wasn’t so.

Today, I follow many of my favorite paranormal TV shows and YouTube channels. And of late, I am seeing many new gadgets and tools used for spirit and cryptid communication and verification. I love the idea of the spirit box; it’s a bit spooky on its own. But I have to say, for me, I would rather talk one on one with my own abilities. I just call it, the “Empathic Frequency.”

With the one-on-one communication, that tingling feeling and pulsating frequency rushing at me and through my body, that deep down buzz just can’t be beat. This connection only happens when energy and frequency connect or, as I like to say, plug into each other. I like to feel the communication naturally, so does that make me old school?

I’ve always trusted my gut, but then it’s not a spirit box that can dial into the ethereal plane and sound off the tangible proof that people are looking for today. I love going into a location and seeing what I can pick up using my intuition and empathic “feelers.”

Let’s talk about this reverberating energy that empathis pick up on. It seems to be sandwiched in-between the ethereal world and our reality. I just call it the in-between. It’s just slightly outside most people’s comfort zone. One of the most memorable experiences I had with feeling this kind of energy was when I met a very powerful medicine man named Ruben. He walked in two realities; he was a true medicine man. He walked tall, commanded respect, and was fierce.



## The Accidental Encounter

Years back when I lived in Taos, the annual Taos Pow-Wow was always a favorite time of year for me. The pulsating drums, the mountain air along with the vibrant and colorful dancers made for a surreal world celebrating the heartbeat of Mother Nature. But I have to tell you, nothing could have prepared me for my encounter with Ruben. He was a force to be reckoned with.

I was invited to follow some friends to their tipi, which was set up by other tipis alongside a back pasture behind the Pow-Wow’s sacred circle. As I was walking down a pathway, there was a tipi to my right, and just as I walked in front of it, Ruben stepped out of his tipi, along with a ball of swirling light that hit me right in my solar plexus. I about fell over and hunched over moaning from the pain. My friend Bird came running over to me and asked if I was OK, but I couldn’t say anything. I was literally seeing stars.

Ruben walked up to me, smiling, knowing exactly



Photo by Vivien Skrupskis

what happened, touched my arm, and helped me straighten up my back. The energy in my solar plexus started traveling up and down my spine, and I knew right away that he was pushing the energy through me to help me gain my composure. It was exhilarating and intoxicating all at the same time. We connected on a different plane, and I knew this swirling energy was from him.

Ruben had gray eyes that mirrored endless pools of mystery and magic. His gray hair was long and braided on both sides with eagle feathers tied in throughout that wafted in the wind. He looked a thousand years old and as a young warrior all at the same time. What he represented was the true power of the Medicine Way, called the Red Medicine Road.

Bird started to laugh, saying, "It happens a lot with Ruben, so don't be embarrassed." I was like a school girl just staring at Ruben, not wanting to move from his presence. Ruben smiled goodbye and walked away toward the sacred circle. We then continued on to Bird's tipi.

I later was able to visit with Ruben, and he invited me to come join him and learn from him. I regret I didn't take him up on his offer. To this day, I can still see Ruben's face; it's never left me nor has the memory of his touch, which I believe moved Kundalini energy throughout my body.

**At about 2:30 in the morning,  
a tenebrous elemental came  
into my bedroom.**

There is another kind of energy or frequency that empaths feel that comes from ancient places perhaps a little dark in nature. It can be numbing — a stillness of existence that sits on the emotions and settles in the bones. At times when I have felt this type of energy, I have to remind myself that not all that is hidden or in the shadows is wicked.

Sometimes in the forests that I have hiked in throughout New Mexico, Utah, Colorado, and Oregon, I have come across strange and foreign energy that pulses or slithers from side to side, watching my every move. As I have said before, sometimes the very thing you go looking for can follow you home, and this happened to me.

### **The Elemental**

It was mid-2020, and I was sleeping. At about 2:30 in the morning, a tenebrous elemental came into my bedroom. It was ancient and reminded me of an old bent-over tree trunk that was black with drooping branches, oozing with some kind of strange liquid.

I was lying on my back, which is unusual for me because I am a side sleeper. I slowly opened my eyes because there was static electricity in my right ear. I believe this elemental was trying to speak to me in some strange frequency that made my right ear hot. It was like a ghost

whispering in my ear, but in this case all I heard was static electricity.

I realized as I woke up that I was paralyzed. I couldn't move my body, only my eyes. I saw to the right side of my bed this behemoth of a creature. I can only guess that to make sure I didn't wake up screaming, it immobilized my body, including my vocal chords, because I couldn't even yell to my partner, Michael, to wake up. The static electricity got stronger and louder, and my ear was really starting to burn.

I mustered up as much willpower as I could and tried to force out sounds from my throat. I squeaked out Michael's name a few times, and then the word help. As I regained more of my voice, the elemental let go of me and vanished within the blink of an eye. I sat up in bed and yelled Michael's name as my voice came back, waking him up. What was perplexing about this experience was the fact that the animals in our bedroom didn't react to it being in our room. They usually warn me; this time they didn't.

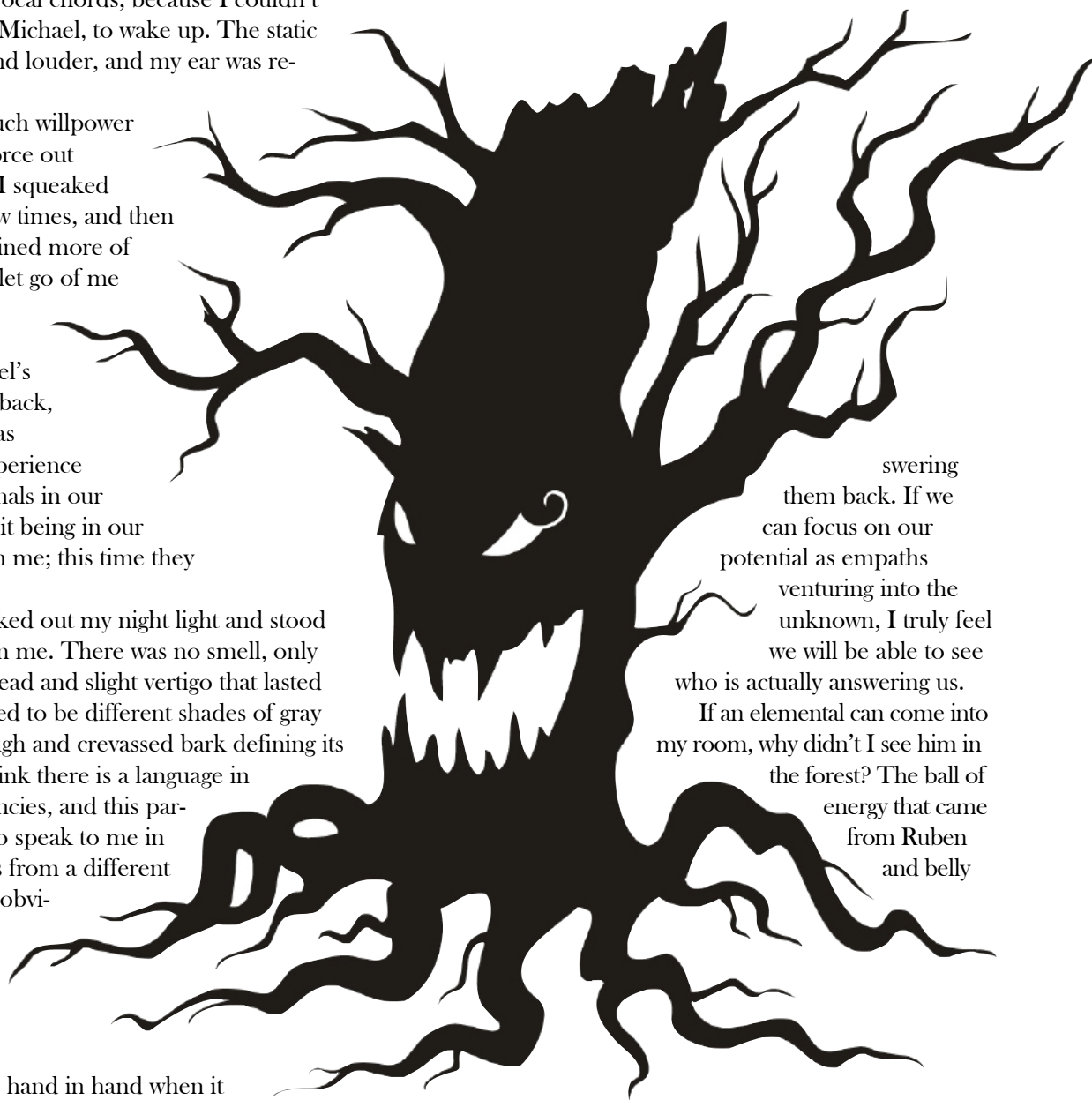
This elemental blocked out my night light and stood only a few feet away from me. There was no smell, only a strange feeling in my head and slight vertigo that lasted for a few days. He seemed to be different shades of gray and black along with rough and crevassed bark defining its trunk and branches. I think there is a language in different types of frequencies, and this particular being was trying to speak to me in a language that resonates from a different realm, one very old and obviously forgotten.

I think frequency tones are one of the oldest languages on this planet. I also think that energy and frequency go hand in hand when it comes to communicating, because the greater the energy, the more intense the frequency. Tapping into this array can be the key into understanding what's on the other side of the veil or dimensionally. It might even have something to do with portals.

It's important to understand that these otherworldly realms vibrate on different levels vastly unlike our own. The key is to understand how to balance our own energy to resonate with whomever we are communicating with.

This is where plugging into each other makes the difference. If I ask a question, I want to know who is answering me back.

I get that Ouija boards and the spirit box oftentimes will get results to the detriment or favor of the user, but let's be frank, most people are in the dark as to who is an-



swering them back. If we can focus on our potential as empaths venturing into the unknown, I truly feel we will be able to see who is actually answering us.

If an elemental can come into my room, why didn't I see him in the forest? The ball of energy that came from Ruben and belly

flopped into me, how did I not see it coming? The answer lies within the self, that part of us that remembers how to see.

Frequency isn't just felt, it is something that is a part of us. It has to do with our third eye, and if we can harness this insight I call the Empathic Frequency, it will allow us to be the super heroes of our time, nothing made up, just going back to our roots remembering who we truly are and our place amongst the ancient ones. ♦

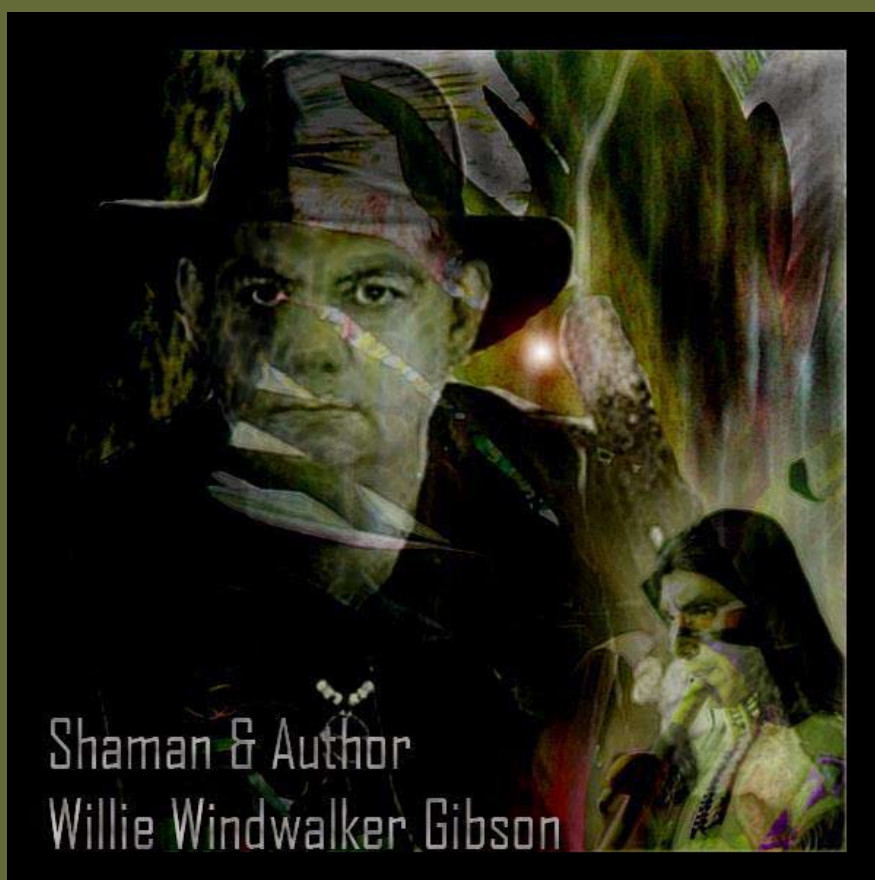




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# INVESTIGATING THE HOTEL BOULDERADO

BY COOKIE LAINE, SPIRITUAL HEALER

I investigated paranormal claims at the Hotel Boulderado in Boulder, Colorado. Rooms that are reported to be haunted include primarily rooms 302 and 304, adjoining suites. I was able to investigate room 302 and would like to share my findings with you.

## Hotel History

Opening in 1908, the Hotel Boulderado was the first luxury hotel in Boulder. The name comes from combining Boulder and Colorado. They still have an original Otis elevator that is 111 years old. The hotel is decorated in both Italian and Spanish revival features. Some of the early guests at the hotel include conservationist Enos Mills, actress Ethel Barrymore, actor Douglas Fairbanks, Sr., evangelist Billy Sunday, Helen Keller, bandleader Benny Goodman, and musician and singer Louis Armstrong.

Reported paranormal activity at the hotel includes a TV turning itself on in room 302, the hands of an old grandfather clock in room 304 spinning out of control only to land exactly on the right time, and a hotel employee staying in room 306 waking up in the middle of the night to a pressure holding her down.

Some guests also report hearing scratching in the hotel's walls and sensing the presence of spirits. A group of six women sitting in the bar area of the hotel's restaurant witnessed a window raise up on its own.

## The Investigation

Room 302 was large, with a sitting room attached. The night was clear, with the temperature in the 60s. My Mel Meter was active, with readings all over the charts ... 155.0, 35.00, 12.5, 4.00, 00.4, 00.2, 11.5.

I videotaped the bedroom and sitting room, capturing white wisps around the lamp and door in the sitting room. The room was quiet in the beginning, but once I laid down, I heard knocking in both rooms. I also captured the following EVPs: "Alright," "Please," "Don't be long," "Goodbye," "Enough," "Nancy," and "That's Enough, Anne." The IR lights flickered during one portion of the video.

Several suicides are rumored to have taken place at the hotel, including one woman who shot herself in the



*The Hotel Boulderado*

head. I made contact with her. Her name was Deborah. She committed suicide because she was unhappy with her life. I asked her why she had not gone into the light. She said there was no light at the hotel, and she had been walking the halls since 1982.

I took her to my property, where I have a large white cross. I asked her to walk into the cross, which she did, and she was transported to Heaven. She thanked me for helping her. ♦





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# THE POWER OF FOCUS + INTENTION

## STAYING POSITIVE WHEN PROBLEMS ARISE

By Karen Frazier, AuthorKarenFrazier.com

Creating involves emotion and directed attention to that which you want. This is true regardless of whether you are creating something you want or something you don't want. So, when your thoughts are focused on something negative (for example: *How am I going to pay my bills?* or *My health is so poor! I'm sick!*) and there is emotion behind those thoughts, you will attract and create more of the situation you don't want.

Setting a positive intention can help, but if you continue to think about these negative things, you send confusing signals to the Universe about that which you desire. So, if you are setting the intention, "I choose to be vibrantly healthy," but you continuously think about how sick you are, or if you set the intention, "I am financially prosperous," but continue to worry about how your bills will be paid, then your negative thoughts and focus are overriding (or at the very least cancelling) your positive intention.

When everything is going great and you're feeling positive, it seems pretty easy to set intention and focus positive thought and emotion to create, but what do you do when something negative happens or you are in a negative place? How do you direct positive emotion and thoughts when you're not feeling positive? How do you turn a situation around when what you perceive as your reality (being sick, being unable to pay your bills, etc.) is in direct conflict to your intention?

It's all about how you focus. If you continue to focus on the problem, then you are creating the energetic conditions to perpetuate the problem; you are calling it to you through your emotion and attention. To reverse this energy, focus instead on the solution. Visualize yourself

with the problem solved. So instead of focusing on the belief or thought, *I am so sick — look at all the evidence pointing to how sick I am*, visualize yourself as being healthy and healed. Visualize yourself as being vibrant and whole. And when the inevitable thoughts of the problem arise again, take a moment, close your eyes, cancel that thought, and visualize the solution. Do this for just a moment every time the negative thought arises.



So when the thought arises, *I can't pay my bills*, for instance, every time you catch yourself worrying about how you are going to pay your bills or thinking something along the lines of, *I don't have the money for this*, stop and briefly visualize yourself easily paying your bills or with a bank account full of cash (or both).

Shift your focus from problem to solution, and do it consistently. When you combine this with your intention, you can begin to create that which you want instead of that which you don't. ♦

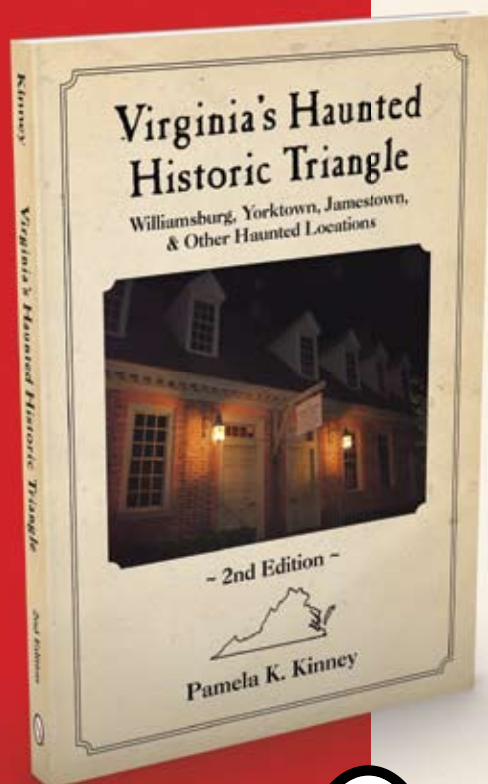
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# Welcome Home the Awareness of Love

By Dr. Athena Perrakis, Sage Goddess



**K**nock, knock, knock. Do you hear that sound? It's an invitation. An allowing. A prompting for something deeper, expansive, genuine, and pure.

You're familiar with this sound, although at times it might seem distant. Shallow. Barely audible above your breath and the thoughts that bump around in your head. But it is there. Always there. Tapping, knocking on the doorway of your heart.

If the past year has shown us anything, it's revealed the necessity of loving ourselves. And I don't mean that surface love, although even that has its rightful place. The kind of love I'm referring to is the kind that opens you more to the Universe that you are. I mean the deep-dive kind of self-love that reveals to us the tenderness and strength of not just our hearts, but our souls. The love that transforms and alchemizes.

The love that ignites and activates our deepest desires. The love that, when properly directed and

channeled, creates universes and worlds. The love that brought us all here.

I think it's high time for us to awaken to this love. In doing so, we awaken this love in others. It's time to welcome home the awareness of love.

## Rewriting the Script on Love

This time of year can be a trigger for so many. Before we've even had a chance to take in the Christmas and Yuletide holidays, we're bombarded with red heart packaging, candies, and cards for that special someone. For those who don't have a significant other in their life, this can be confronting and stir up feelings of unworthiness and not-enoughness, and even highlight loneliness — or guilt.

The Valentine's Day holiday can resurrect feelings of inadequacy and insufficiency. It can also bring up the loss and deep-seated pain of past relationships.

But this time of year doesn't have to be that way.



There's always a choice that allows you to recreate or feel into a new narrative around love and relationships in general. You always have the power to shift and rewrite the script about what love is to you and how it shows up in your life. You are that powerful.

### **The Alchemy of Love**

This year in my Soul Shift program, we're diving into alchemy. Alchemy is a process of transforming one substance, state of being, thought form, or creation into another. Alchemy is the process of becoming **YOU** — fully, passionately, unapologetically, and truly **YOU**. I don't think we discuss the alchemy present in love enough. Love indeed is an alchemical process. It is **THE** alchemical process.

It is love that can forgive the abuse and soften the pain of a broken heart. It is love that initiates and governs the process of a child forming in its mother's womb. It is love that holds together the agreement between Earth, Water, Fire, and Air — a sacred agreement that sustains life and makes it possible for creation on this planet. It is love that holds the stars in the sky and ensures that the Earth revolves around the Sun, creating our seasons and so much more.

Love is never in absence — it's always in abundance. The more you become aware of how love expresses and shows up, the more it will reveal itself to you. The more

you become aware of love's depth, the more you invite it to come to you in a form you desire to experience, such as an intimate relationship.

When you become aware of all the ways love is, it becomes increasingly challenging to focus on when it seems love isn't. You'll eventually find that there isn't a moment when love isn't in action, in the background holding it all together. Love just is.

Today and in the days, weeks, and months to follow, I invite you to intentionally be aware of the love that surrounds, holds, and went into creating you — the love that illuminates and is present in all of Creation.

When asked by a friend how he knew to draw so many uses from the peanut, agricultural scientist George Washington Carver replied, "When you love something enough, it will reveal its secrets to you." The same is true with love. When you love love enough, when you are aware of love, it will reveal its secrets to you. And, it will rush to draw those experiences and people to you that will be channels for love to affirm and express its bounty in your life. Of this I am certain.

This Valentine's Day, I encourage you to love the deeper parts of you with greater intention, love those in your surroundings with greater intention, love this planet with greater intention and attention, and watch how this awareness will bring the Love you desire home to you. ♦



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# My Encounter With a Vampire Cult

By Willie Windwalker Gibson

**M**y adventures as a shaman have taken me into many different situations. Shamans are spiritual individuals that walk many paths. They cannot only go between dimensions, but they are also warriors and healers. And as this next story reveals, many individuals come to us when we least expect it asking for help.

\* \* \* \* \*

I had a case about 30 years ago dealing with vampirism, people who consume human blood. I was at my home one day, when I heard a knock at my door. But when I opened the door, no one was there. I did, however, find a small box on the ground.

I took the box inside my house. It had no markings on it. It was just a small, plain box the size of a phone book. I opened the box, and in it was an envelope and a vile of red liquid. I opened the envelope, and it contained a letter. I read the letter out loud:

“Windwalker, I am writing you this letter because I think you need to know something that is going on in Louisville, Kentucky. I am a member of a cult of vampires. We are called “Pure.” Pure is for blood that’s not tainted, blood that is taken from only healthy people. Pure does not take members that have health issues, that take any kind of drugs, or people who smoke. Pure members are the elite, those that have pure blood.

“Vampires live in the shadows most of the time, and they only consume each other’s blood in small increments. Members come from all walks of life — people who are doctors, lawyers, housewives ... I am a professional as well, but I shall keep my occupation a secret.”

The letter went on to say that the Pure cultist knew of my background as a shaman and they wanted to connect with me. They wanted for me to convey to people in the world of the paranormal that they meant no harm to the regular public and not to be afraid. The letter said the vile that was in the box was a vile of blood; it was a sample of how much blood is taken from the members. The vile was small, about the size of a half a teaspoon.

As I continued to read the letter, it went on to say



that the cult will never go beyond the membership to get blood. They wanted me to understand that. I could not help but think that the letter had the energy of someone who was really scared the cult was in danger of some kind. I had shivers go up my spine as I read the letter.

I looked on the outside of the envelope, and it had no return address. It just said “Windwalker” on the front. I realized that since there was no return address, I must have been under some sort of surveillance. I was being watched.

I didn’t know how I could get the word out about the Pure cult. I thought word of mouth would be the only safe way to do this. So as the rumors came through the paranormal pipeline, I would tell the information I knew of Pure. The paranormal world accepted my information and that Pure was not a danger to the community.

Throughout the years, I haven’t heard anything else about Pure. I know there has been no information about blood being taken by force or stolen from blood banks. The person who sent the letter and blood trusted me to put out the word to the right people. I’m sure Pure is still out there in one form or another.

I took the small vile of blood to a sacred spot, and I buried it. I wanted no human blood around me, but I wanted to respect the life force.

The stories of my journeys might sound unbelievable to most people. But I assure you that every word that I write is true. And there are many more stories to tell. ♦

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